

DMHAS
WORKFORCE DEVELOPMENT
INSTRUCTOR-LED & VIRTUAL
TRAINING

Fall 2022 Catalog

www.ct.gov/dmhas/workforcedevelopment

4 New Trainings

DMHAS WORKFORCE DEVELOPMENT PERSONNEL

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CONTINUING EDUCATION UNITS (CEU) INFORMATION

Many virtual trainings offer continuing education contact hours. Participants **MUST ATTEND 100%** of the class to be eligible to receive this certificate. Please retain your certificate of completion for your records.

The trainings listed in this catalog are open to DMHAS Operated staff and DMHAS Funded staff.

REGISTRATION INFORMATION

Please only register for trainings that have been pre-approved by your supervisor. Do not enroll in multiple trainings with plans to cancel them later; this will help us to keep wait lists more manageable.

- To register for training, you must go through our Learning Management System (LMS) <https://ctlms-dmhas.ct.gov>. You will not be able to login unless you have a valid username and password.
- If you do not have a username, or to update your email or other profile information, fill out and return the [My Profile Information Form](#). You will receive an email with your login information.
- For help registering, searching the catalog, transcripts, and more, check out our interactive tutorial, [Introduction to the LMS](#).
- For information on available web-based trainings, please see our Web-based Training Offerings List on our website: www.ct.gov/dmhas/workforcedevelopment.
- Upon registering for a training, you will receive an email from Workforce.Development@ct.gov regarding your enrollment status (confirmed or waitlisted) and session information. Please read your emails completely and mark your calendar!
- Check your SPAM filter to mark Workforce.Development@ct.gov as SAFE. Contact your IT (Information Technology) person if you have questions.
- If you are on a waitlist and a seat becomes available, you will receive an email, offering you the seat. You must ACCEPT the offered seat through the LMS within five calendar days.
- Directions and instructor biographies, as well as other training resources and links, are on our website: www.ct.gov/dmhas/workforcedevelopment.

AMERICANS WITH DISABILITIES ACT (A.D.A.)

If you need an accommodation based on the impact of a disability or medical condition, make the request **immediately upon registering for training** by contacting Workforce.Development@ct.gov.

FREQUENTLY ASKED REGISTRATION QUESTIONS

Q: How do I attend a virtual training?




A: When you register for a virtual training, you will receive an enrollment confirmation email that contains information about launching and attending the training, as well as a link to attend the class. Please read this information carefully and follow the step-by-step instructions attached to the enrollment email. **Note: Virtual classes launch via the learning management system and you must sign in to the LMS to attend the training. If you don't know your username, please email workforce.development@ct.gov immediately.**

Q: What do I do if I forgot my password?

A: On the log in page of the LMS, click the "Forgot Password?" link. The system will prompt you to enter the email address that is associated with your LMS account. When you've entered the information, the system will send you an email with a temporary password.

Q: How do I get a certificate with Continuing Education Units (CEUs) for a virtual training?

A: Please allow for 3 business days after the completion of virtual trainings before printing certificates of completion. Then, go to your Me tab, then click on Completed Learning in the left-hand menu. Find the training you want, then click the down arrow next to the View Summary button. Click Print Certificate to open the certificate in your browser, or click Export Certificate to download a PDF copy of the certificate. For more detailed instructions, see [Introduction to the LMS](#).

TITLE	PROGRESS	ACTION
 A Brief Introduction to Working with People with Borderline Personality Disorders Instructor-Led Version:FY16	SUCCESSFUL On:09-17-2015	VIEW SUMMARY 
 Active Shooter Training: Being Prepared Web Based Training	SUCCESSFUL On:05-18-2016 Score: 100	PRINT CE <div> Print Certificate Export Certificate Notes </div>

Q: **What if I have reviewed the information above and am still having problems?**

A: Check out our tutorial, [Introduction to the LMS](#), then email Workforce.Development@ct.gov.

CANCELLATION INFORMATION

Rarely, a course may be cancelled. We strongly encourage you to check your email for cancellation notices.

If you are unable to attend a class for which you have been enrolled, **please drop your registration within ten (10) days of the training**, if possible. This will allow us to contact other participants to offer them a seat.

To drop/cancel a class, log onto the Learning Management System (LMS) <https://ctlms-dmhas.ct.gov>, and go to the Me tab. Find the training you want to drop, then click the down arrow next to the View Summary button and click Drop. A window will pop up, asking you to confirm the cancellation. Click the Yes button. For more detailed instructions, see [Introduction to the LMS](#).

Failure to cancel your enrollment for classes you are unable to attend may affect your ability to register for future classes.

INCLEMENT WEATHER PROCEDURES

- ❖ Participants may call (860) 262-5071 after 7:00 a.m. to listen to a recorded announcement stating if classes are cancelled. **As many of our classes are conducted at offsite locations, which include non-state run offices, it is important to check that classes are being conducted.**
- ❖ In the event of a cancellation due to inclement weather, all registered participants will be notified of the rescheduled class date by email.

Fall Training Schedule

Date(s)	Time	Title	Facility	CEUs
9/16/2022	9:00am-3:30pm	Forensic CBT This course is focused on developing foundational skills in Cognitive-Behavioral Therapy (CBT) for justice-involved clients. Critical distinctions between traditional mental health treatment and forensic programming will be highlighted. Practitioners will learn to recognize and elicit a range of relevant thinking patterns commonly found among justice-involved adolescents and adults and to incorporate thinking targets into case management, supervision, and programming. Finally, practitioners will have opportunities to practice CBT conversations about client values and life priorities and several CBT sequences designed to improve client decision-making. Through a series of structured learning activities that include small group exercises, role-plays, and 'real'-plays, practitioners will develop basic skills so that they can immediately apply CBT interventions in their own settings.	Connecticut Clearinghouse	6 CEUs – CCB, NASW and Psy
9/21/2022	9:00am-12:00pm	New Perspectives on Taking Care of Ourselves and Each Other in Our Work (NEW) Many programs are currently struggling with staff shortages, staff turnover, and difficulty hiring. Within the work, healers are experiencing extra-high workloads, adjusting to the new realities as we emerge from COVID, and responding to clients who have suffered complex trauma. This workshop will use current research and polyvagal theory to explore how safety and connection at work can support creative, energetic, and hopeful treaters who find satisfaction in their jobs. The workshop will also examine the social justice issues that arise within vicarious traumatization, and steps we can take to create a culture that actually sustains our diverse workforce.	Virtual Class	3 CEUs – CCB, NASW@ and Psy
9/23/2022	9:00am-12:00pm	Eating Disorders: Understanding Signs and Symptoms and Creating Innovative Treatment Plans and Programs This interactive workshop will give participants the opportunity to learn more about the various aspects of eating disorders including their signs and symptoms, diagnosis, treatment opportunities and best practices and innovations. This workshop is designed for all education levels and will give practical skills and resources to be used in all types of professional roles. The workshop will include experiential learning through sample treatment ideas such as guided meditations, group sessions and activities, the use of technology as therapy and other innovative ideas and practices.	Connecticut Clearinghouse	3 CEUs – CCB, NASW and Psy

Date(s)	Time	Title	Facility	CEUs
9/27/2022	9:00am-12:00pm	Clinical Provider Education on Hypertension: Leading Clients to Better Outcomes Through Knowledge Hypertension affects a staggering 1 in 3 people in the United States, leading to a national cost of approximately 49 billion dollars per year. Hypertension is a major risk factor for multiple organ failure and decreased life expectancy. While Hypertension affects a wide range of people, it is extremely prevalent in clients with a severe mental health diagnoses. This class will provide the needed education to help providers (Social Workers, Psychologists, Case Managers, Mental Health Workers and support staff) make proper referrals to MD's and other medical providers. The class will enable staff the ability to provide the needed education reinforcement on proper diet, medical appointments, lifestyle choices, stress management and prescribed medication adherence. Clinicians that provide therapy will have the needed insight to discuss this growing health problem in a holistic manner, leading to a better client outcome.	Virtual Class	3 CEUs – CCB, NASW and Psy
9/28/2022	9:00am-12:00pm	Introduction to Acceptance and Commitment Therapy: An Evidence-Based Mindfulness Approach (NEW) This training will provide a deep exploration in the ways in which our innate ability to think abstractly and conceptually leads to sclerotic thought patterns and the over-extension of language that us to 'fuse' with and become captives to thoughts that trigger emotional responses and engaging the part of our mind describes, evaluates, and problem-solves; seeking immediate solutions that ultimately lead to less meaningful life experiences. You will be introduced specific mindfulness practices to increase efficiency in your ability to open up, be more fully present, and do what matters most at a particular time and place.	Connecticut Clearinghouse	3 CEUs – CCB, NASW@ and Psy
9/30/2022	9:00am-12:00pm	Cognitive Behavioral Therapy for PTSD This workshop will cover the use of cognitive-behavioral therapy (CBT) for posttraumatic stress disorder (PTSD). There will be an emphasis on the use of prolonged exposure, with additional elements of cognitive processing therapy and stress inoculation training. A mix of didactic presentations and video examples will be used.	Virtual Class	3 CEUs – CCB, NASW and Psy
10/6/2022 & 10/7/2022	9:00am-3:30pm	Motivational Interviewing Intensive This training will provide participants with insight into peoples' intrinsic motivation to accept and maintain recovery. Motivational Interviewing (MI) is a person-centered, directive method for enhancing intrinsic motivation to change by exploring and resolving ambivalence. This therapeutic skill-based course will also address how to be a guide to recovery, how to engage people into services who are reluctant or not interested, and how to tap into the resources in your community to assist people on the pathway to attaining and sustaining recovery. Participation in group exercises and experiential (role-play) activities is expected of all participants. Homework assignments will be given to develop the participant skills.	Connecticut Valley Hospital, Beers Hall	10 CEUs – CCB, NASW and Psy

Date(s)	Time	Title	Facility	CEUs
10/12/2022	9:00am-4:00pm	<p>From Behind the Wall and Beyond: Working with Men in the Criminal Justice System*</p> <p>Males are born into a society that begins treating them differently than females from birth: more harshly overall, and with a distinct set of operative rules that severely curtail permissible emotional expression. This is especially true for men involved in the criminal justice system. Most traditional treatment models have aimed at that of "breaking men down", and thus, have failed and often re-traumatized men in the criminal justice system. The impact of male socialization and trauma must be considered when working with men in the criminal justice system who seek or need behavioral health treatment. This unique and interactive presentation will guide practitioners in working with men in the criminal justice system to deliver a trauma-informed approach that acknowledges the struggles and strengths of men in the criminal justice system.</p>	Connecticut Clearinghouse	6 CEUs# – CCB, NASW and Psy
10/13/2022	9:00am-11:00am	<p>Human-Animal Bond: Human-Animal Relationships in Social Work Practitioners</p> <p>This two-hour conversation serves as a primer in veterinary social work - social work at the intersection of the human and animal relationship. Content will include the various roles animals play in our lives for comfort, emotional support, and service. Terminology used to explain the various roles will be unpacked, including the state and national policies and laws that apply to the various roles. Specifically, emotional support animals will be discussed collaboratively, along with conversation about guidelines for social workers' role(s) for advocacy, letter writing, and supporting clients. Finally, local initiatives in our state to support human-animal bond, such as emergency foster care, homelessness and co-sheltering, and veterinary social work at the veterinarian will be shared including ways to continue learning and get involved.</p>	Virtual Class	2 CEUs – CCB, NASW and Psy
10/14/2022	9:00am-3:30pm	<p>Face Your Fears: Conducting Good Exposure Therapy for Anxiety</p> <p>The goal of this workshop is to help clinicians design and implement exposure therapy protocols for a range of anxiety, trauma, and OCD-related disorders. We will review the rationale and mechanisms of exposure, and describe multiple applications of exposure for anxiety-related problems. Video examples will be used.</p>	Connecticut Clearinghouse	5 CEUs – CCB, NASW and Psy

Date(s)	Time	Title	Facility	CEUs
10/18/2022	9:00am-12:00pm	<p>Overview of Problem Gambling</p> <p>The normative and pervasive nature of gambling behaviors in the United States can desensitize us to the problems that can occur when a person's view of gambling shifts from entertainment to fixation. Recently reassigned in the DSM 5 from an impulse control disorder to a behavioral addiction, disordered and problem gambling affects 2-5% of adults and twice as many adolescents. Confounding the issues of problem identification, referral, and treatment is a lack of awareness on the part of service providers, clients, family members and the general public that, for some people, gambling can become an addiction, with devastating impacts, like problematic alcohol or other drug use. As state governments turn more to legalized gambling as a source of revenue, studies indicate that vulnerable populations: lower socio-economic status, disenfranchised, and people in recovery from mental health and substance use disorders, are disproportionately impacted in harmful ways. This training will address the social and environmental factors which influence gambling; gender and race considerations; and how our biology creates conditions conducive to the pursuit of risk and reward. This training will also help to raise awareness about gambling for providers and encourage staff to include gambling in the conversation when discussing mental health and substance use disorders.</p>	Virtual Class	3 CEUs – CCB, IGCCB, NASW and Psy
10/19/2022	9:00am-4:00pm	<p>Coming into the Light: Breaking the Stigma of Substance Use Disorders</p> <p>Stigma is a major barrier preventing millions of people who are struggling with substance use from entering treatment today. This presentation is designed to help professionals break that stigma that creates an unnecessary barrier to treatment by understanding recovery-oriented language and strategies that can be integrated into practice immediately.</p>	Connecticut Clearinghouse	6 CEUs# – CCB, NASW and Psy
10/20/2022	9:00am-12:00pm	<p>Trauma Through the Lens of Attachment Theory</p> <p>Attachment theory can inform clinical work with people suffering from traumatic stress, especially for those who suffer from trauma rooted in the actions of other people. Attachment dynamics are implicated in social perception and the capacity to manage intense emotional states. These in turn have implications for immediate and long term coping. This presentation will review the basic concepts of attachment theory, it's most common classification schemes; and leading contemporary ideas on how attachment contributes to our capacities to interpret the social environment and regulate feelings. We will discuss how traumatic stress can disrupt normative attachment dynamics and present in ways which resemble mood, anxiety and personality disturbance. Finally, we will discuss ways to engage and sustain a treatment alliance with traumatized clients using approaches derived from attachment theory.</p>	Connecticut Valley Hospital, Page Hall	3 CEUs – CCB, NASW and Psy

Date(s)	Time	Title	Facility	CEUs
10/21/2022	9:00am-3:30pm	Bearing Witness to Suffering: Sustaining Self-Care in Trauma Work Bearing witness to--or even hearing about--injustice, suffering, harm, and death, is universally disturbing, disruptive, and often traumatic to both personal health and professional practice. The double pandemics of Substance Use Disorders and COVID-19 have magnified uncertainty in our lives and multiplied suffering and trauma in the lives of those we hope to help recover. This interactive training will explore the challenges of sustaining balance and health in work with traumatized people, families, and communities. Participants will review and describe proactive self-care tools and practices to sustain health and resiliency in ourselves, our workplaces, and our communities as antidotes to cumulative, vicarious, secondary trauma, care-giver fatigue, and burnout common in Trauma Work.	Connecticut Valley Hospital, Beers Hall	5 CEUs – CCB, NASW and Psy
10/24/2022	9:00am-1:00pm	How to be an Effective Skills Trainer Person-centered, strengths-based, recovery oriented services involve core concepts and attitudes. Skill development includes implementation of those concepts and attitudes and translating ideas into actions. More and more service providers at every level are called upon to help the people that they serve develop effective wellbeing and living skills. Developing, employing and strengthening skills is essential to sustaining progress toward sought after life goals. This action oriented workshop guides trainees in the best and evidenced based practices of effective skills development.	Connecticut Valley Hospital, Page Hall	4 CEUs – CCB, NASW and Psy
10/28/2022 & 11/18/2022	9:00am-3:30pm	Biology of Addiction Biology of Addiction will review the basics of neurotransmission and how drugs of abuse interfere with neurotransmission. The mechanism of action of alcohol, opiates, and stimulants will be covered as well as their effects on the brain, the body, and the fetus. An elementary review of medication assisted treatment will be provided. Signs of intoxication, withdrawal, overdose, and dependence will be presented. The second day of training will be a broad variety of drugs of abuse: inhalants, marijuana, synthetic cannabinoids (eg., spice) and cathinones (e.g., bath salts), PCP, Ketamine and other dissociative anesthetics, hallucinogens, and nicotine. Signs of intoxication, withdrawal, overdose, and dependence will be presented.	Connecticut Clearinghouse	10 CEUs – CCB, NASW and Psy
11/2/2022	9:00am-12:00pm	Understanding Gender: From a Clinical Perspective* Much of our society and the systems within it operate as if the world exists in binary form. This engaging half day workshop is designed to address the issues that arise from binary thinking. Participants will be able to differentiate between orientation, sex, gender, gender identity, gender expression; identify the critical concerns and obstacles unique to transgender, gender fluid, and non-binary people; understand the expectations of CT's non-discrimination statutes regarding sexual and gender minority people; develop a working understanding of gender identity and its impact on clients; and identify helping strategies and tools	Connecticut Clearinghouse	3 CEUs – CCB, NASW and Psy

Date(s)	Time	Title	Facility	CEUs
11/4/2022	9:00am-11:00am	<p>Establishing your Basic Competency in Emotional Support Animal Letter Writing</p> <p>Social Workers are commonly asked to write letters for clients who are seeking emotional support animals as an accommodation. What do you need to know and do to ensure you are practicing within your scope of practice? This question connects with social work ethics as both an issue of competence and education as well as one of supporting access and disability justice. Social Workers are ethically required to practice only in areas they are competent in. According to the Council on Social Work Education (CSWE), social work competence is defined as “the ability to integrate and apply social work knowledge, values, and skills to practice situations in a purposeful, intentional, and professional manner to promote human and community well-being”. When presented by a client with a request for a letter verifying need for an Emotional Support Animal (ESA), a social worker with competence in this area needs: • Knowledge: ESA vs. other therapeutic roles of animals; policy/law relating to client eligibility for an ESA; and benefits and risks of human-animal interaction (HAI) • Skill: integrating/applying the above knowledge to: 1) determine whether a client’s health/mental health condition is eligible for ESA consideration; 2) determine whether benefits of HAI are/can be expected to ameliorate impairment related to a client’s eligible health/mental health condition; and 3) write an appropriate ESA verification letter • Social work ethics/values: awareness of social justice – accessibility, equity, participation, and human rights – and ethical issues relevant to clients seeking ESAs.</p>	Virtual Class	2 CEUs – CCB, NASW and Psy
11/9/2022	9:00am-12:00pm	<p>Social Justice Issues in Supervision (NEW) *</p> <p>This training focuses on trauma-informed supervision through a social justice lens, an approach to supervision that begins with the personal and extends to the professional. Personal histories, identities, characteristics and psychological experiences of supervisors, as well as structural and environmental conditions of the organization, are considered in supervision. This perspective promotes the role of the supervisor as a leader in establishing a culture within their team that is responsive to and inclusive of the positionalities and unique experiences of clients and colleagues. Supervisors are encouraged to remain vigilant in their commitment to social justice by leading their teams and organizations in achieving truly inclusive diversity. Bullet points summarizing main points of workshop • Self-awareness is an essential part of supervision, including exploring one’s own implicit bias. • Both the supervisor and the supervisee are influenced by their sense of safety or danger in the relationship. • We have to understand the way our implicit biases have and will impact the supervisory relationship • We must acknowledge the power differentials with our supervisees. • How can we validate our supervisee’s experiences of racism? • How do we bring discussion of painful current events into team meetings? • Ways to confront racism in the team • Effective ways to respond when supervisee reports instances of racism in the agency. • Helping supervisees bring an awareness of racism into their work with clients. • The importance of validation and advocacy. • Understanding and acknowledging multi-generations trauma and effects of racism.</p>	Virtual Class	3 CEUs – CCB, NASW and Psy

Date(s)	Time	Title	Facility	CEUs
11/15/2022 & 12/6/2022	1:00pm-3:30pm & 1:00pm-3:00pm	Fundamentals of Emotional Freedom Technique Emotional Freedom Technique is a form of Energy Psychology, combining psychotherapy and energy healing techniques. It is based on the understanding of the human body as an electrical system and the recognition of the systems of subtle energy that surround and interface with the physical body. When that energy system is disrupted, a person experiences mental, emotional or physical imbalance. EFT has application across a broad range of issues, including stress and anxiety related disorders, PTSD, physical pain, self-sabotage, cravings and addictions and performance. It draws from a variety of proven modalities, including Thought Field Therapy, acupuncture, biofeedback, EMDR, hypnosis, cognitive behavioral therapy and applied kinesiology. Various forms of Energy Psychology have been practiced since the early 1980s. In recent years, EFT has been researched in more than 10 countries, by more than 60 investigators, whose results have been published in more than 20 different peer-reviewed journals. In this engaging workshop, participants will learn how to use Emotional Freedom Technique both for their own self-care and for working with their clients, students, colleagues and families.	Connecticut Valley Hospital, Page Hall	4.5 CEUs – CCB, NASW and Psy
11/16/2022	9:00am-3:30pm	Trauma Integrated Addiction Treatment An abundance of research has pointed to poor treatment outcomes for people with co-occurring trauma and addiction. Traditional addiction treatment has ignored the significant impact of trauma on personal recovery and subsequently people have continued to struggle as a result. With recent advances in understanding the impact of trauma, it is time for a change in the approach taken toward trauma and addiction. This interactive and experiential presentation offers an overview of the impact of trauma on the recovery process from a social, biological, psychological, and spiritual perspective and will provide clinicians with skills to work people affected by trauma throughout their recovery, as well as, understanding the conceptual framework of trauma-informed practice.	Connecticut Clearinghouse	5 CEUs# – CCB, NASW and Psy
12/1/2022	9:00am-12:00pm	Self-Directed Violence: Complex Problem, Simple Solutions This training will explore the meaning and purpose of self-injury, a commonly misunderstood aspect of many people's lives. Etiology, diagnostic implications, and treatment strategies will be explored, as well as the special circumstances that arise from working with those who self-injure.	Virtual Class	3 CEUs – CCB, NASW and Psy

Date(s)	Time	Title	Facility	CEUs
12/2/2022	9:00am-12:00pm	Why the DSM-5 Doesn't Acknowledge Sensory Integration Symptom and How that Harms All of Our Clients Sensory Processing Disorder (SPD) is a condition where a person has difficulties regulating their senses within their environment. These are our clients who can experience the world as being "too loud" or "too intense". They can experience the world as being so sensory over-whelming that their bodies go into a defensive "fight, flight or freeze" stance. For many people with SPD, their constant need to re-regulate their senses to adapt to the stimuli around them, creates symptoms of distractibility, irritability, anxiety, and depression. So where is SPD in the DSM-5? It isn't. Although more than half of all the diagnostic criteria of disorders in the DSM-5 describe symptoms of SPD, the APA refuses to acknowledge SPD as a disorder. Therefore, DSM-5 conditions such as ADHD, PTSD, Tourette's, ASD, ODD, the Anxiety Disorders as well as Schizophrenia and other psychotic disorders, are never understood or treated through the lens of sensory integration. Yet all of the above disorders are, in large part, sensory-based disorders. Imagine trying to treat a client with ASD or PTSD and not teaching the client about their sensory system reactions?	Virtual Class	3 CEUs – CCB, NASW and Psy
12/7/2022	9:00am-3:30pm	Treatment Planning for Behavioral Health (NEW) Treatment planning is most effective when the treatment objectives are defined in measurable, attainable, time limited, realistic and specific terms. Through participant interaction, this training will present tools and training resources that can help addiction treatment providers transform required "paperwork" into clinically valuable information. Participants will learn how to use the data collected via an assessment instrument to assess patients' substance abuse, to develop effective treatment plans, and to monitor outcomes. Research shows that after providers administer assessment instruments, they often file the findings instead of using them to customize effective treatments for their clients. This training is designed to change that practice and help clinicians, supervisors, and managers make good use of the data that is collected. Using this information appropriately can help treatment providers address the specific needs of individual clients and improve treatment outcomes.	Connecticut Valley Hospital, Page Hall	6 CEUs – CCB, NASW and Psy
12/9/2022	9:00am-3:30pm	Assessing Risk and Suicidality: Interviewing Skills for Clinicians and Helpers Front line clinicians and helpers are often in the best position to obtain the most comprehensive information about suicidal ideation and other self-harming behaviors. This course will present a proven, research-based interviewing approach to maximize skills in obtaining information needed to assess and manage acute risk in patients with co-occurring disorders.	Connecticut Clearinghouse	5 CEUs – CCB, NASW and Psy

@ NASW/CEU application pending.

*Meets the requirements for Cultural Competence Continuing Education

Thanks to the New England Addiction Technology Transfer Center for co-sponsoring trainings



New England (HHS Region 1)

ATTC

Addiction Technology Transfer Center Network
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